



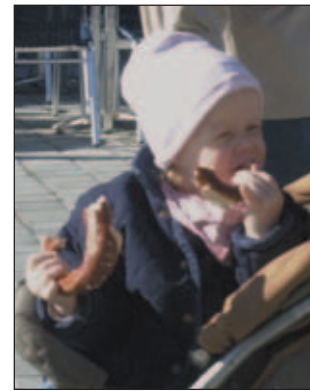
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divide  
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# TRAINING TIMES

Vol. 26 No. 7

Serving the 100th Area Support Group communities of Grafenwoehr, Hohenfels and Vilseck

April 12, 2005

## Russians advance in Grafenwoehr

### Generals of former foe embark on partnership

**BY JASON AUSTIN**

**U.S. ARMY, EUROPE, PUBLIC AFFAIRS OFFICE**

A senior officer from America's Cold War adversary visited Grafenwoehr training facilities and the 7th Army Noncommissioned Officers Academy March 24 to 26, as part of the growing military exchange between the two countries.

Lt. Gen. Aleksey Maslov, commander-in-chief of Russian ground forces, and Maj. Gen. Yevgeny Marusin, chief of intelligence, made the trip at the invitation of Gen. B.B. Bell, commander of U.S. Army, Europe, and 7th Army.

They used their opportunity to study the training tactics of an emerging ally, and to see the newly constructed NCO Academy (see page 3), where several Russian soldiers will attend the Primary Leadership Development Course next month. Maslov expressed hope that this effort would increase enlistments to his nation's military.

"Currently in Russia, we are starting to introduce a volunteer contract army as well," he said through an interpreter, "so one of the objectives of this visit is to learn more about that and to see how [the U.S. Army] operates."

"Secondly, and perhaps most importantly, I received the invitation from General Bell and, certainly, I couldn't fail in responding to that."

The visit was the first time that Maslov had been out of his country.

"This was an opportunity to continue improving relations between Russia and America and to share training ideas and techniques for soldiers to develop ways to improve each other's army," said Brig. Gen. Mark Hertling, commander of 7th Army Training Command. "They were specifically interested in NCO development and training instrumentation, as they are looking for ways to train their army to meet evolving

mission demands."

Of his meeting with the Russian commander, Hertling said, "He was very engaging – a strategic visionary. He knows how he wants to transform the Russian army to meet their security demands."

He added that Maslov had said he was impressed with the American system and training process, but particularly with the quality of U.S. Soldiers.

The tour also enabled Hertling and Maslov to discuss Torgau '05, an exercise that will involve Russian and U.S. headquarters elements, set for May.

In Grafenwoehr, the two Russian generals tried out several tank simulators within the Close Combat Tactical Trainers.

Afterward, 1st Armored Division hosted them at a range, where they watched two Abrams tanks and two Bradley Fighting Vehicles perform gunnery maneuvers, before Maslov, a tanker himself, climbed into each tank to fire several rounds.

"It was a great pleasure to look at this range and the M1A1 [Abrams] tank," Maslov said. "We enjoyed visiting the simulation center, the training center and here — the range — as well, because everything is in good order; everything is very well-prepared. And I had a chance to recapture my youth."

The next morning, inside the Expeditionary Battle Command Training Center, they learned how the U.S. Army trains units strategically using computer simulations.

After their visit to the NCO Academy, they traveled to Vilseck for demonstrations on medical training and the Deployable Instrumentations System, Europe, at the Combined Arms Training Center. They also viewed living quarters for single and married Soldiers.

On the final leg of their trip, they flew to Heidelberg, where Bell honored them with a dinner at his house, during which he toasted the Russian troops, Maslov's leadership and vision, and the future partnership between the two armies.

*Portions of this story were taken from a 7th ATC press release.*



Photo by Jason Austin

**Maj. Gen. Yevgeny Marusin, chief of intelligence for Russian ground forces, and Lt. Gen. Aleksey Maslov, commander, use binoculars to observe a gunnery demonstration by 1st Armored Division at Grafenwoehr Training Area, March 24. They had been invited by Gen. B.B. Bell (center), commander of U.S. Army, Europe, and 7th Army. Brig. Gen. Michael Tucker (foreground), 1st AD assistant division commander for maneuver, hosted the dignitaries.**



## Q&amp;A

The coming of spring put a song in our hearts and led 'Training Times' to inquire, "What's the greatest piece of music ever penned?"



**Sgt. 1st Class  
Daniel Patrick**  
"American Soldier by Toby Keith"

**Sgt. 1st Class  
Timothy Grimes**  
"Between the Sheets  
by the Isley Brothers  
or You're the First, the Last,  
My Everything by Barry White"



**Sgt. Brock Bohley**  
"The Wall by Pink Floyd"



**Sgt. David Boswell**  
"Get Up, Stand Up by Bob Marley"



**Warrant Officer 3  
Carl Schoenwald**  
"The Star-Spangled Banner"

Interviews and photos by Mark Iacampo

## Commander's column

## Formula for chaos: T4 2 = SEX

BY COL. RICHARD JUNG  
100TH ASG COMMANDER

Any time we hear men and women discussing sex, our ears perk up, and our brains go into overdrive. Inside our bodies, various chemicals begin to mingle – much as barflies at happy hour – seething into our brains and leading listeners as well as speakers to have very private thoughts. Without a doubt, these feelings will produce a visible response; be it through body language or the spoken word, a reaction will occur.

Sexual stimuli and the resulting chemical interactions within us are indeed natural functions, but our internal drives and the emotions that bawdy talk, nude photographs or even sex education have on each of us are very personal. Simply put, everyone does not respond to such things in the same manner. Our behavior and our words should be seen as potential signals as to whether we're listening, whether we're craving more stimulation and, of course, whether we

are interested or offended.

## Before

Why do sexual stimuli affect people in wildly different ways? As I'm neither a scientist nor a psychiatrist, I can't begin to guess, but you don't need Albert Einstein's intellect to know that just because you're ready for sex, your partner may not be. Don't delude yourself that your boy- or girlfriend feels as you do when it comes to such an important decision. That's thinking for two – which we can express as "T4 2" – and in relationships, the equation T4 2 = SEX doesn't add up. If you attempt to employ this formula after consuming alcohol, the outcome will be more disastrous. That math is so incorrect that if applied, it will fool you into believing (notice that I wrote "believing") that your partner's emphatically delivered "no, I don't want to have sex" can be interpreted as a definite "maybe." Thinking for two lets you twist that "no" into your much-desired "yes."

Bad math, bad thinking: Never, under any circumstances, does "no" equal "yes." In sexual situations, this train of thought will put you on the road to personal ruin, leading, in extreme cases, to time behind bars or a failed relationship, the memory of which might haunt you much longer. Any way you look at it, NO ≠ YES.

## After

What if it's too late, and you're a victim? You and I – we — have got to talk. It's true that reactions to sexual attack vary, but if you said "no," your assailant can have no defense. If you were drunk and sexually assaulted in your sleep, that's as good as a verbal refusal, because you were in no condition to agree. Just because you couldn't or didn't say "no" at the time of the attack does not mean you consented. To consent, you must say "yes," and you can withdraw your permission at any time.

If you have been violated, I need  
**See Chaos, page 3**

## HISSES

I could not leave Hohenfels without sending a hurrah for Lt. Col. David Witty, 282nd Base Support Battalion commander.

All too often, we find things in a community that are lacking or substandard, and generally, those are the ones that we make an effort to acknowledge in a column such as this. I have to say that I am leaving this post after three years, knowing there are some great people who make great things happen here. I cannot begin to list all who fit that description but would like to praise just one who does.

A small post can be a daunting place, because sometimes we know each other all too well, in which case it is important to have fair, unbiased leadership. It is my opinion that we have that in Hohenfels. I have to go straight to the top, because everything filters down from there. Lt. Col. Witty is a professional leader who is willing to stand with integrity. That cannot be said of every leader. He truly cares about

## AND

## HURRAHS

others. Let me state an example: I am not someone of great prominence on this post but have had occasion to run into him in several settings. It is a rare commander who sees you in the gym, knows your name, asks about your family and expresses true concern about an upcoming move or potential deployment. We have had leaders much closer in a chain of command take far less interest in the dynamics of our family. I consider his actions and concern above and beyond the call of his job. There are many more influential and important people than my family and I, but he takes the time to make us feel we are important to him and to the entire community.

There have been moments here that could have caused me to leave saying that I never wanted to return to Germany, but people such as Lt. Col. Witty cause me to have trust and faith in my Army family. I am thankful for his leadership and that of his family. I

am sure that they do not always receive the credit they deserve, but I want them to know that, civilian or not, I salute them!

Becky McBride  
Hohenfels

Hurrah to AFN Bavaria's Sgt. Luke Burns, who won the radio spot-promo production category in the Department of the Army-level Keith L. Ware Journalism Awards. His first-place entry, AFTB [Army Family Team Building] Classes, will advance to the Department of Defense competition.  
Ed.

+++++

Submissions to *Hisses and Hurrahs* should be sent via e-mail to the editor at cara.matlock@graf.eur.army.mil, or faxed to 475-7935. Please include a brief description of the episode, along with your name and community, a telephone number or e-mail address, and the name of the person you deem worthy of mention, if known. Identities of those to be censured or criticized should not be revealed: We wish to invoke only private shame, not public stonings.

## Training Times

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# NCO Academy moves to Camp Normandy

BY MARK IACAMPO

TRAINING TIMES STAFF

The new 7th Army Noncommissioned Officers Academy in Grafenwoehr officially opened March 30, with a ribbon-cutting ceremony attended by Sergeant Major of the Army Kenneth Preston.

Having outgrown its former location in World War II-era barracks on the main post, the NCO Academy was moved to Camp Normandy. The \$18 million project encompassed 40 buildings, a chapel and a new dining facility.

"Today is a chance for us to reflect and celebrate the history of this great institution," said Preston. "This academy has really been the torchbearer for a lot of

things we have incorporated into our NCO training system throughout our Army."

Founded in 1949, the 7th Army NCO Academy is the branch's oldest, as well as the largest and the only one capable of training three companies simultaneously in the Primary Leadership Development Course.

The new academy features larger classrooms and more spacious quarters that accommodate three Soldiers each – far less crowded than the old barracks, in which they bunked eight to a room.

"It improves the students' quality of life," said Command Sgt. Maj. James Campbell, NCO Academy commandant.

"What sets us apart from many other armies throughout the world is our NCO

corps," Preston said. "It's the NCO corps that has earned the reputation of being the backbone of the Army."

"The transformation we're going through right now will put us head and shoulders above where we are today," he continued, "and leading that transformation is going to be our NCO educational system."

According to Preston, deployed NCO instructors have trained more than 145,000 members of the Iraqi forces. By providing security at over 5,200 polling stations, he explained, "that army ... was responsible for the successful elections back in January." He added that the small group of noncommissioned officers training them was "helping us work ourselves out of a

job, one Iraqi recruit at a time."

Preston praised the contributions of the academy "not only for the units in USAREUR, but also for all the countries here in the European theater."

Over the past two years, the 7th Army NCO Academy staff has taught five classes of Polish soldiers to be NCOs as well as instructors, "and there are a number of other countries right now looking at sending soldiers to attend this institution," Preston said. "What this academy is doing right now to help build our relationship with NATO and our European allies is very important."

Students first met inside the new academy April 6.



Photo by Alice Alder

## April 15 approaches

**Spec. John Moes (right) prepares a return for Pfc. Zachary Thomas at the Hohenfels Tax Office April 7. Each on-post legal center offers free tax-filing services. To make an appointment, call 475-7777, 476-2289 or 466-2401.**

## In brief

### Logisticians' conclave, update

Army civilians are invited to a logistics conference at the Village Pavilion in Heidelberg's Patrick Henry Village May 10 and 11.

Programs in quality assurance and reliability, ammunition, and maintenance, supply and transportation management are scheduled, as are workshops in Resumix, the senior personnel system, training and Priority Placement.

For more information about fees and accommodations, use your Army Knowledge Online user ID and password at <https://extranet.g4.hqusareur.army.mil/careerday>.

Space is limited.



The Army Battle Command Knowledge System Logistics Network was established to support the professional logistics Warfighter. For details on joining LOGNET, visit <https://www.us.army.mil/suite/doc/1602658>.

### Catchy slogans sought

The Federal Voting Assistance Program is accepting submissions for its biennial slogan contest.

The chosen catchphrase will be featured in the 2006-2007 media campaign to increase participation in the democratic process, and used for the Web site, posters, audiovisual materials, publications and manuals.

The contest winner and runners-up will

also receive certificates from the secretary of defense.

Any U.S. citizen residing outside the United States is eligible. Contestants may submit an unlimited number of slogans, as long as each is sent separately. The deadline is July 10.

For complete rules, log on to [www.fvap.gov](http://www.fvap.gov).

### Art contest announced

U.S. Army, Europe, is looking for a work of art to market its annual Land Combat Expo. First prize is \$2,000.

Entries should illustrate this year's theme: USAREUR at War Today and Transforming for the Future. The contest runs through June 3 and is open to active-duty, Reserve and National Guard Soldiers, as well as Department of Defense civilians, family members aged 13 and up, and retirees.

For complete rules, log on to <http://www.hqusareur.army.mil/LCEpublicity/LCEinfo.htm> and click on the link at left.

### Changes, closures

- Haircut prices at Army and Air Force Exchange Service barber shops will increase from \$7.25 to \$7.75 beginning May 1.

- 38th Personnel Services Battalion offices in Vilseck, Grafenwoehr and Hohenfels will be closed April 28 for the unit's homecoming ceremony in Bamberg.

## Chaos

Continued from page 2

to know. Start by telling a friend who can comfort you and lend support when you speak with German or American law-enforcement officials. Talk to unit leaders in any and every level of your chain. Communication gets help for you and speeds the apprehension of your assailant. I guarantee that in our communities, assistance will be provided with respect and dignity.

### Always

Perhaps an attack hasn't happened yet, but a friend, a co-worker or an associate is sending you signals that you neither like nor appreciate nor want. What should you do? Again, talk. Tell him or her that you are not interested, not amused, and explain that NO ≠ YES. Spell this equation out on paper, if need be, and show it to the

offender. Here's another good rule: Make a record of the date, time, comment, speaker and witnesses. On any occasion when you must fend off advances, write it down.

I haven't got an answer for every situation, but if you have noted someone's inappropriate conduct more than once and if you want to talk, then you can tell me. I have a hotline e-mail address, [100asghotline@graf.eur.army.mil](mailto:100asghotline@graf.eur.army.mil), and a telephone number, 475-1300.

So what have I been writing about? You've heard it before: sexual harassment and sexual attacks. If you're a sexual predator, you're on notice. We in the Army have zero tolerance for your idiotic misconceptions. If you're a victim – single or married, an adult or a child – we will help you. Talk to me. One final formula: U.S. Army = CARE.

## Local laws change for American drivers

### IMA-EUROPE PUBLIC AFFAIRS

New rules for registering and driving privately owned vehicles in Germany went into effect March 9, and according to Tom Lorenzini, registrar at the U.S. Forces Vehicle Registry in Mannheim, the seven major ones should simplify both.

"The changes make life easier for Americans driving in Germany without skimping on safety," he said. They are as follows:

- Vehicles under six years old must be inspected and registered every two years, as for German citizens, rather than annually. Those seven years or older must be inspected and registered yearly, as before;
- Instead of five-day temporary plate periods, a single 30-day one should reduce trips to get extensions for minor repairs;
- Area support group commanders may issue temporary licenses to drive for

incoming personnel during the first 30 days to ease in-processing, thus eliminating the need for a separate letter from him and providing a standard document recognized by German authorities;

- Successful completion of the Motorcycle Safety Foundation course is required to obtain a motorcycle license;

- Drivers' tests now combine the international road-sign portion with the written one in a single 100-question examination of 25 signs and 75 questions;

- The study manual has been rewritten to correspond with the new *Driving in Germany* video; and

- Equivalency conversions for Breathalyzers and blood-alcohol contents have been added to help commanders and law-enforcement personnel understand the differences between German and U.S. results.



## In brief

### Educational accolades

Nominate your favorite schoolmaster or -mistress for Teacher of the Year.

A candidate from each Department of Defense Dependents School district will advance to the Department of Defense Education Activity level. That winner will compete against the best teachers from schools throughout America.

Nominees must be full-time, certified teachers in their third year with a DoDEA school who have not been selected for this honor within the past three years. Written submissions will be accepted from peers, parents and students. Deadline is May 9.

For complete information, contact your local school office or visit [www.dodea.edu/teachers](http://www.dodea.edu/teachers) for a downloadable application.

### Tuition, reimbursement for troops

Army tuition assistance is again available, after two months during which demand exceeded supply at many installations.

In an exception to policy, the Human Resources Command has also authorized reimbursement for Soldiers who continued courses at their own expense.

College enrollment typically peaks from September to March, but an exceptionally high number of troops wished to take classes in March.

The Installation Management Agency has received \$21.4 million to subsidize the shortfall. Any Soldier who paid for courses or did not register for monetary reasons should go to his installation education center by April 15 to arrange tuition reimbursement or late enrollment.

Requests made after that date must be forwarded to HRC for consideration.

## School registration starting next week

Students who attend Department of Defense Dependents Schools must register every year. Within the 100th Area Support Group, enrollment will be conducted April 20 to 22, depending on the school.

In Grafenwoehr, parents should register kindergartners April 21; an orientation is set for 9 to 10 a.m. in the Grizzly Room. Registration for returning students will be April 22.

Vilseck Elementary School will enroll kindergartners April 20. Currently enrolled students whose last names begin with the letters "A" through "L" should register on April 21, and those whose last names begin with "M" through "Z" on April 22. Parents should come to the school lobby between 9 a.m. and 2 p.m. on the specified day.

At Vilseck Middle High School, parent conferences as well as registration are scheduled for April 22.

In Hohenfels, currently enrolled elementary schoolchildren whose last names begin with "A" through "L" should register on April 21, and those whose last names begin with "M" through "Z" on April 22. Hours will be 9 a.m. to 12 p.m. and 1 to 3 p.m. each day. Registration for kindergartners and other new students will be conducted May 5 and 6.

Enrollment at Hohenfels Middle High School is scheduled for April 21 and 22, 9 a.m. to 12 p.m. and 1 to 3 p.m. daily.

To register online, log on to [www.eu.dodea.edu/schoolregister.htm](http://www.eu.dodea.edu/schoolregister.htm).

# Local FBLA members net wins

BY KATHY JORDAN  
TRAINING TIMES STAFF

The Department of Defense-Europe chapter of Future Business Leaders of America hosted its 25th annual Spring Leadership Conference March 23 to 25 in Garmisch, Germany.

The event drew 160 students from 18 schools, including Vilseck and Hohenfels, who proved their business and computer knowledge in written tests and public-speaking trials.

Vilseck teacher and FBLA advisor Mamie Smith has taken students to these conferences for the past 13 years.

"The FBLA is academic, but it is also fun," Smith said. "The kids loved being [in Garmisch]. It was the first time for some of them competing in that type of event."

Although senior Chrishona Thomas was one such student, she placed first in the multimedia category with her presentation about the club's importance to the school and the community.

"It is beneficial to you to join a club like this," Thomas said, "because you get a lot of experience about the business world."

Sophomore Broderia Holback returned to

see people she had met at the conference last year, adding, "It's fun, and I get to dress up too." Holback entered impromptu speaking and business math, winning the latter.

Another two-time participant, Shaquita Stewart, took third in impromptu speaking — a disappointing finish, she confessed, because she had the same placement last year in business communications.

"I keep trying and trying again," she said. Nevertheless, she urged others to become members. "If you want to succeed in the business world," Stewart said, "this can be a fun way to learn some skills you will need."

Students gained more than the thrill of competition and the awards they garnered, however, and Smith said she was very proud of her group's accomplishments.

"I did not win anything, but I gave it my best shot," senior Van Foster said. "I think it is a good program; it opens you up to a lot of other things. They teach you things you would not find out in the regular business arena."

First-time attendee Kevin Jordan, a sophomore, described how he had profited from his few months in FBLA.

"I learned how official meetings and

sessions were done," Jordan said. "I learned the way to talk to people in the business world. I also learned the more you talk to people, the more at ease they feel about you and you feel about them."

Next year, he wants to compete in Web design and product-making.

Smith has plans of her own, and increasing the number of participants from her school is chief among them.

"I want to get more kids involved, so I will start talking to different teachers now in the areas of math, English, art and other subjects," she said. "I want to get the entire school more involved."

Freshman Kollin Jordan would recommend it. "I would encourage other people to join," he said, adding of his first FBLA conference, "there are a lot of great memories you take with you."

From Hohenfels, Adrienne Pickett placed third in business calculations. In the middle-school computer applications category, sole contestant Erik Reinhart was declared the winner; he also took third in business math. Amanda Spoon was runner-up in office decision-making. In the spelling bee, Lindsey Brocius won, followed by Lilian Santelices.

## Students learn more than meets eye

BY KATHY JORDAN  
TRAINING TIMES STAFF

The Department of Defense Dependents Schools Bavaria district held its first Digital Video Symposium March 6 to 9 at Hohenfels High School. Students from throughout the region learned to use state-of-the-art equipment and software programs for their video projects.

Three youths from the Vilseck video-production class attended with their teacher Becky Connolly, who has worked to develop the school's program for the past five years.

"We started with no equipment, and now we have 13 computers and 12 cameras, and we just built our little studio," she said. "The Bavaria district has really been promoting the digital video programs."

Students from Ansbach, Patch Barracks in Stuttgart and, of course, Hohenfels also participated in the symposium.

"One of the purposes of the event was to train students ... [to] teach other students," Connolly explained. "We were requested to not bring seniors if we could find responsible, interested students that were going to continue in the program."

Those chosen got the chance to work with professional software.

"I learned to use some programs I was kind of shaky on," said sophomore Kevin Grier. "I know how to use ... advanced movie-editing software."

James Johnson, a junior, said that close contact with those of similar interests and skills had resulted in creative brainstorming sessions.

"You got to meet a whole lot of other kids who were just as interested in this as you were," Johnson said. "You were coming up with all these ideas."

Instructors offered a range of expertise. Dave Bickham taught classes in audio



Photo by Kathy Jordan

(From left) Kevin Grier, teacher Becky Connolly, Kevin Jordan and James Johnson, all of Vilseck, work on a project with instructor Dave Bickham during the first Digital Video Symposium for the Department of Defense Dependents Schools Bavaria district. Hohenfels High School hosted the event March 6 to 9.

techniques, including CD production.

"I love music," Bickham said. "I didn't go to bed with a teddy bear at night; I went to bed with 78 rpm records and never broke one." Having played in bands since the sixth grade, he now has a rock group and performs with a German dance band as well.

School teams and their teachers stayed up until midnight finishing their projects. For the Vilseck group, this was a public-service announcement about study tips.

"I have a lot of respect for these guys — the way they worked as a team, the way they worked with us, the way they came in and just pitched in," said Bickham of the event participants. "I learned a lot from them, and I hope they learned a lot from me."

"It just shows we don't all have to be the same," he continued. "It's better if we are not ... because we start feeding off of each other. We end up being stronger."



# Shoppette shuffles to PXtra in Grafenwoehr

## Groundbreaking for Post Exchange slated for summer

BY MARK IACAMPO  
TRAINING TIMES STAFF

Since September, when the Post Exchange closed, AAFES has been on the move in Grafenwoehr. The Shoppette became the latest transport when it reopened inside the PXtra, building 534, on April 1, and according to Matt Mennona, general manager of the Army and Air Force Exchange Service consolidated exchange, bigger changes, including a major expansion, are to come.

"We want to be ahead of the game when it comes to serving our customers," said Mennona. With that aim, he hoped to break ground in June for the \$29.5 million shopping complex, which with 140,000 square feet will be the largest Army exchange in Europe — 40 percent bigger than Wuerzburg.

"Usually a new store takes a minimum of 18 months," Mennona said, projecting completion in 2007. "But with the incoming Stryker Brigade, they may decide

to fast-track it."

The new Shoppette, he said, is about 15 percent larger.

"With all the construction being conducted at the old location, we decided to move [it] to create a synergy," he explained.

"As I understand it," he added, "building 534 once served as Hitler's shower, so the water pipes and everything [were] there waiting to be tapped into."

Gardening supplies, grilling utensils, sporting goods and the like will be available for the rest of this season, he said, but eventually, toys, athletic equipment and "outdoor living" would be available only in Vilseck.

"It will remain this way until our new store comes," he said.

This summer, Taco Bell is scheduled to move into Burger King, "giving customers more variety under the same roof," and the concessions near headquarters will relocate to the spreading retail area.

"It makes sense to consolidate things as much as we can," Mennona said. "This is an exciting time for Graf, but we all need to be patient."

Popeye's will close temporarily, he said, opening again within the new shopping center.

Also in the works is a 24-hour Shoppette with 12 gasoline pumps and diesel fuel.

"Currently, there are only two AAFES stations in Europe that have diesel," Mennona said. "Hohenfels is one; Grafenwoehr will be the third."

The Shoppette will remain at its current location until the larger one opens.

Upgrades have been scheduled for the outlying camps too. On Camp Aachen, these include a new Shoppette and Mini Mall, accessible to Soldiers there as well as those at Camp Normandy. The latter will have their own Shoppette, however, directly behind their new dining facility. A barber-and-beauty shop, Anthony's Pizza and a laundry are also planned.

"This will be primarily for the NCO [Noncommissioned Officers] Academy," Mennona said, "with hours conducive to the students."

**Staff Sgt. James Caruana (left) and Sgt. Aaron Harre, both of Grafenwoehr Range Control, use their lunch break to browse at the relocated Shoppette on its opening day, April 1.**

Photo by Cara Matlock



## In brief

### Walked to Iraq?

Assessments of those who signed up for the 1st Infantry Division's Walk to Iraq program in March 2004 will be conducted today: 9 a.m. to noon in the Grafenwoehr Field House and 1 to 3 p.m. in the Rose Barracks Fitness Center.

Anyone who completed the trek will receive a free T-shirt proclaiming, "I walked to Iraq and back."

For more information, contact Shellby Jones, 100th Area Support Group health promotion coordinator, at 475-8433 or shellby.jones@graf.eur.army.mil.

### 'Cat' call

The Bavarian Arts Guild will hold auditions for Tennessee Williams' *Cat on a Hot Tin Roof* tonight at 6:30 in the multipurpose room of Vilseck High School.

Actors, actresses and a variety of crew members are needed.

For more details, log on to [www.geocities.com/vilseckbag](http://www.geocities.com/vilseckbag).

### Viva Las Vegas

The Vilseck Community Spouses' Club invites members of the community to its Vegas Night fund-raiser April 15, 5:30 to 10, at Yesterday's Club.

The evening will feature gaming

tables, food, karaoke, a silent auction and "marriages" performed by an Elvis impersonator. Admission is \$10.

### Community forum

The next town-hall meeting is set for April 20, 6 p.m., at Grafenwoehr Elementary School. The public is encouraged to attend.

### Pupils vs. faculty

Teachers will take on students in the Grafenwoehr Elementary School's biannual basketball bout April 21, 5 p.m., at the field house.

Admission to the fund-raiser is free, but donations are requested, and refreshments will be sold during the game.

### Help wanted

The Grafenwoehr Thrift Shop is accepting applications from volunteers able to work Tuesdays and/or Thursdays, 9:30 a.m. to 2:30 p.m. Child care would be provided.

For more information, call Darlene Fiedler at 475-6181.

### Homecoming fete

Country-music star Travis Tritt and alternative band Blessid Union of Souls will give a free concert at the 3rd Brigade's homecoming ceremony May 4, 3 p.m. to

midnight, at Vilseck Airfield.

Television comedian Christopher Titus and the 1st Infantry Division's rock band will perform as well. The celebration will also feature free food, carnival rides and fireworks.

### Channel up and running

Kaltenbrunn Housing Area residents can now receive the 100th Area Support Group Command Information Channel.

To do so, viewers must retune their televisions and have an AFN decoder. Those who need assistance may call 475-6417.

### Changes, closures

- The Grafenwoehr ID card office is open 9 a.m. to 4 p.m. weekdays at its new location, building 244, room 134. Passports will only be available in Vilseck until the summer.

- The gate at Vilseck Airfield will close April 22, 8 a.m., and remain so until further notice.

- Construction on Gettysburg Avenue near Grafenwoehr Library is scheduled April 16, 17, 23 and 24. Except for brief periods, one lane will remain open.

- Gate 1A (Sorghof) in Grafenwoehr will be closed April 22 through the summer.

## Lifelong wellness focus for female health fair

BY DAN FRAIZER

409TH BSB RECREATION ASSISTANT

A fitness day at the Grafenwoehr Field House March 26 celebrated Women's History Month by showing more than 30 participants how to have a healthier future.

Co-sponsored by the 100th Area Support Group Equal Employment Opportunity office and the 7th Army Training Command and 100th ASG Equal Opportunity office, the event prescribed a balanced wellness program of nutrition and exercise, as demonstrated by Army health-and-fitness departments, as well as programs and services offered at the local *Sportzentrum*.

The half-day fair kicked off at 9 a.m. with a welcome from Josie Hammond, assistant at the 100th ASG EEO office.

Throughout the morning, volunteers led attendees in a series of classes.

First, Michelle Zumwalt got their hearts pumping with cardio-kickboxing.

After a short break, Sarah Fogle broke out the Swiss exercise balls to put the crowd through a terrific abdominal and flexibility workout.

For the third, Marga Schusser taught Tai Bo, a combination of kickboxing, dance steps and aerobics that has become popular in America.

Finally, the field-house staff rolled out stationary bikes for Fogle's intense spinning class.

The morning also included tips for staying fit, eating healthfully and practicing preventive medicine presented by Maj. Andrea Jackson of Grafenwoehr Health Clinic.

Maria Rouenna Yates of Army Community Service and Shellby Jones, 100th ASG health promotion coordinator, provided brochures and freebies.

To restore the women after their exertions, a free nutritious lunch featuring *Broetchen*, deli meats and cheeses, fruit trays, and vegetarian pasta was served, courtesy of the Defense Commissary Agency.



# Right to rare arms

**BY MARK IACAMPO**  
*TRAINING TIMES STAFF*  
Within the *Landeszeughaus* of Graz, Austria, the adage “seeing is believing” is left to the faint of heart.

Visitors to this vast magazine, where three centuries of arms and armor line the halls, are encouraged to heft, handle, don or wield many of the more than 30,000 pieces. Thus, this impressive collection is not hidden behind glass, but stands at the ready along racks, much as it did 350 years ago, waiting to go into battle.

In the late Middle Ages, the threat of Turkish invasion so loomed over the region of Styria that its states began stockpiling ample weaponry to outfit a great levy of soldiers. By the early 1600s,

their efforts had been sufficiently successful that a German writer of the period described it as “... an arsenal full of pieces, equipment, and munitions. ... It is a pity it is all so crowded and piled up.”

In 1645, a new building was constructed to house the armory, which has resided there ever since. Helms dangle from the ceiling, swords and halberds crowd the shelves, and full suits of armor gleam in the corridors. Much of it has been laid out as methodically as an assembly line, making it easy to imagine scores of troops filing through and being issued helmets, breastplates, pikes and muskets.

Those who have never studied armor at close range may think it must have been incredibly cumbersome and

unwieldy. The *Landeszeughaus* takes pains to dispel this myth by lending guests cotton gloves and encouraging them to examine the equipment. Many are amazed at the freedom of movement these intricately articulated pieces allow. A few of the exhibits are from the 1400s, but most date to the 16th century, when firearms were becoming more prevalent on the battlefield. Many of the breastplates bear the mark of a musket ball, the telltale dent offering proof that the armor would hold up under fire.

Besides the endless racks of standard-issue equipment, the collection includes some masterpieces, from a rare example of complete horse armor to the rich harnesses of royal patrons Arch-

duke Charles II of Inner Austria and Baron Voels-Schenkenberg. The museum’s prize find is a suit of parade armor fashioned by master craftsman Michael Witz the Younger for an unknown patron. It features an exquisite leaf motif in silver over a blackened background, and grotesque eagles seem to have thrust their heads from its shoulders, knees and elbows.

The *Landeszeughaus* is open daily. Tours in English are offered at 10:30 a.m. and 1:30 p.m. – or at any time for parties of seven or more. Besides being extremely knowledgeable, the staff is very obliging: One employee scaled a ladder to retrieve a habergeon made of chain mail from the wall for a group keen to inspect it.



Photos by Mark Iacampo

Aaron Mays, a Soldier stationed in Baumholder, challenges his imaginary opponent with an elongated sword at the *Landeszeughaus*, an unusually accommodating armory in Austria.



Tatiana Jones rubs a helmet held by Michael Kiefhaber of Munich (above). At right, lines of cuirasses await their assignments to Austrian soldiers, charged with defending Styria from the Turks. Upon seeing this store of armaments in the early 17th century, a German wrote, “It is a pity it is all so crowded and piled up.”



Austrian Arnulf Zeilner (above) tries on an enormous fingered gauntlet. People who are unfamiliar with armor are often surprised at the range of mobility it affords. At right, a closed burgonet features a visor of grating (top). Below, German Rene Hurras tries on a Hungarian lobster-tail helmet. To protect its wearer, the headgear has an adjustable nasal bar, which Hurras has positioned over his head.



Beneath a canopy of helms stand two suits of armor. On the left is a magnificent work from the mid-1500s by Michael Witz the Younger. Considered the museum’s finest piece, it is covered with embossed leaves, and heads of bloodthirsty eagles adorn its joints.



## No room at the inn?

# Reservations musts during Lodge's lift

BY ALICE ADLER  
TRAINING TIMES STAFF

Sunrise Lodge, the 40-room hotel for people moving to, departing from or passing through Hohenfels, will be renovated in a major project that will last from nine months to a year. Work is scheduled to start next month.

Rooms will be redecorated with wallpaper or fresh coats of paint, new carpets and furniture, and modernized bathrooms featuring shiny medicine cabinets and shower doors.

Not all the changes will be cosmetic, however. An updated sprinkler system will provide a direct link to the fire department in case of emergency.

One of the most talked-about additions will be air-conditioning in all the rooms, an amenity virtually unheard of in Germany.

"We really had to fight to get the AC," admitted Lodge manager Joelyn Knappek.

In the first phase, buildings 70 and 71, which together house 14 family suites, will be closed beginning May 2 for about three months. After they have reopened, buildings 6 and 7 will be shut for a similar period.

When the refurbishment has been completed, another building will be constructed next to 70.

Once this project has been finished, the remote lodgings for displaced pet owners, now located in Albertshof, will no longer be used for guests, leaving the net

number of rooms at 40.

One of the renovated buildings will accommodate those travelling with pets.

Because fewer rooms will be available during this project, sponsors for arriving Soldiers and families are urged to make reservations early. When the Lodge is full, incoming personnel may stay at one of several hotels nearby, a list of which is available at the front desk.

"This is the arrangement that is currently in place for overflow," Knappek said. "We will do everything we can to help get through this period."

The refurbishment and construction are parts of a global Army Lodging Wellness Project, with the Hohenfels facility being the only one in U.S. Army, Europe, to be done this year.

"The Lodge is a great place now," said Knappek, "and these improvements will really increase the quality of life. People will really enjoy it; it will be like moving into a brand-new hotel."

Some in the community have expressed concern that the renovations will begin at the start of the permanent change-of-station season, but Knappek explained that the length of the project made work in the summer unavoidable and asked the community to understand that these closures were necessary.

"We can work together to make the hotel better," she said.



Christopher Hernandez curls up with a book during the reading sleepover at Hohenfels Elementary School April 1. He joined 139 other students to spend the evening at an unusually bookish slumber party to promote the accelerated reader program, which awards points for every volume completed. Just as collegians, they fortified themselves for their all-nighter with pizzas.

Photo by Alice Adler

# Schoolchildren rapt at night of reading

BY ALICE ADLER  
TRAINING TIMES STAFF

The elementary school became the site of a giant slumber party April 1. The multipurpose room buzzed with activity, as 140 students gathered for the Hohenfels Reading Sleepover to eat pizza, snuggle up in sleeping bags, giggle with their friends and — most importantly — to read.

For the occasion, books were in plentiful supply, as volumes had been scattered everywhere. While the youngest children got a little assistance with the tales of Dr. Seuss, older ones stretched out by themselves, engrossed in thick novels.

"They stayed overnight and read and read and read," said reading specialist Jennifer Sears, who organized the event.

The first 100 children who had signed up for the sleepover were able to stay the entire night, nestled down on pallets, reading with their schoolmates. Because the event had proved so popular that 40 remained on a waiting list, those children were allowed to come from 7 to 10 for the pizza

party and postprandial poring.

The idea for the reading sleepover began two years ago, when teachers sought a way to "provide students an opportunity for an extended period of reading and get them more involved in the accelerated reader program," according to Sears. That first sleepover was so successful, she said, that the faculty was inspired to throw another this year. When 14 teachers and parents jumped at the chance to be chaperones, they knew they could make the event happen.

In the AR program, students read books before taking computer quizzes in comprehension. Based on the results, students are assigned a goal, earning a set number of points for each book, from 0.5 for simple ones to 20 for a thick Harry Potter tome.

The evening held its own plot twist: A villain disguised as a faulty computer system made the AR tests unavailable and nearly foiled the fun. Sears assumed the role of heroine, however, when she happened upon bookadventure.com, a public Web site that features similar tests for popular books.

Misadventure averted, the children took — and passed — 86 tests during the sleepover, which drew reviewers' praise.

"I love reading," said Bria Bradley. "Sometimes I give up the time to watch my favorite show, and I read instead."

Although books were the main subject, Clark Boden, after citing *Lord of the Rings* as his current favorite, mentioned "eating the pizza" as having had merit too.

Another Tolkien fan, Wesley Barbee, said that "reading out loud" had been particularly gripping.

"It was a very positive opportunity for the kids," Sears said. "Parents need to be involved with their children reading, and it was great to see all the parents, especially all the dads [in from 'the box'] reading with their kids."

"It's a great thing for parents to do over the summer," she added.

To participate, each student paid \$5 and donated a volume to the reading program.

Sears encouraged families moving this summer to give children's books they no longer need to the school.

## In brief

### Winning students

The Hohenfels Community and Spouses' Club has announced the recipients of its scholarships.

High-school seniors were Christina Compton, \$1,500; Kristin Donovan, \$1,000; Tiara Walz, \$1,000; and Matthew Blancett, \$500.

Adult students were Kimberly Daniels, \$750; Anna Hunnicutt, \$750; and Amy Frost, \$500.

### Souvenir shopping

The Community Activities Center will host the annual Hohenfels Spring Bazaar: April 15, 11 a.m. to 7 p.m.; April 16, 10 a.m. to 7 p.m.; and April 17, 10 a.m. to 4 p.m.

Vendors from throughout Europe will sell a variety of goods, including wines, cheeses, jewelry, clothing, shoes, rugs, china, paintings, prints and toys.

Call 466-2670 for information.

### Volunteer awards

The annual 282nd Base Support Battalion Volunteer Recognition Ceremony is set for April 21, 3 to 5 p.m., in The Zone sports bar. The community is invited.

For more details, call 466-4088.

### Volksfest time

The annual German-American Volksfest will celebrate cross-cultural relations with events April 29 to May 8 on the Hohenfels *Festplatz*.

Live music is scheduled daily, in addition to carnival rides, food and beer. On both Saturdays, the festivities will end with fireworks.

### Extended physical therapy

The Hohenfels Physical Therapy Clinic is now open Mondays, Wednesday and Fridays.

Call 466-1750 for an appointment.

## Wild West Night chance for guiltless gambling, heel-kicking

BY ALICE ADLER  
TRAINING TIMES STAFF

Every spring, cowboys and cowgirls from throughout the 100th Area Support Group ride onto post for Wild West Night, the Hohenfels Community and Spouses' Club's biggest charity fund-raiser. This year, The Zone sports bar will host the annual party on April 23, starting at 6 and going until the cows come home — or at least midnight.

Try your hand at poker, blackjack or roulette, then blow your winnings on all sorts of doodads

at the makeshift country store.

If you're not feeling lucky, skip the gaming tables and mosey past the theme baskets up for bid, one of which features a baseball signed by Red Sox player Johnny Damon.

Also on tap will be a "beer walk" (think cakewalk for adults), raffles and great grub. A disc jockey will spin ditties and host a karaoke contest for crooners.

To keep order, the sheriff will be in town, and he and his deputies will be glad to apprehend any desperado you name and lock him up in the on-site jail for a spell.

After that, only the right amount of bail will set him free.

HCSC uses proceeds from the event for scholarships (see *In brief*, left), the Boy and Girl Scouts, the high-school JROTC program, the Fisher House in Landstuhl, and other grants.

The event is open to those 18 and over. Drop the wee ones off at the child-care center, open 5:30 to 11:30.

Admission of \$10 in advance and \$12 at the door includes a beer glass, a raffle ticket and gaming chips. For tickets, call 09472-911787 or e-mail tammybagdasarian@hotmail.com.



**Off post**

- Spring festivals in the surrounding area are set for Schwabach on the *Koenigsplatz* April 15 to 19 and the *Volksfestplatz an der Breitenau* in Bamberg April 22 to May 8.
- Run, Nordic-Walk or stroll through Fuerth April 17, 10 a.m. to 5 p.m. Entertainment is also scheduled. Registration fee is 16 euros before April 16. To sign up or obtain more details, visit [www.fuerthlauf.de](http://www.fuerthlauf.de).
- Nuremberg will host a marathon and runners' fair April 22 to 24 at the *Steintribuene*. Register and see the latest equipment April 22, 3 to 8 p.m., and April 23, 10 a.m. to 8 p.m.; during the latter, load up on carbs at the noodle party, 2 to 8 p.m., for races the next day. Last-minute registration will be conducted April 24: 7 to 8:30 a.m. for the half-marathon and 7 to 9:30 a.m. for the full route. The fair will be open 7 a.m. to 5 p.m. for spectators. For more information, log on to [www.nuernbergmarathon.de](http://www.nuernbergmarathon.de).

**Army Community Service Grafenwoehr and Vilseck**

Level I classes for Army Family Team Building will be taught April 23, 9 a.m. to 4 p.m., in building 324. To sign up, call 476-2797.

**Hohenfels**

Relax during the ACS Stress Spa April 14. Enjoy free treats and hand massages before learning tips and techniques to help you unwind. Register by calling 466-4860.

**Libraries**

- Holland, home of Keukenhof Gardens, with more than 79 acres of tulip fields, will be featured during the Grafenwoehr Library's next cultural morning, April 19, 10 to 11. The free event will give an overview of the country's history, language and sights (see also *Trips and Tours*, right).
- National Library Week runs through April 16. To celebrate, Vilseck will host a library race at 3 p.m. April 13, and Grafenwoehr will hold an open house all day on April 14. In Hohenfels, two contests – poetry and pet photos – will be under way. For more information, call 475-6231, 476-1740 or 466-1740.

**Clubs and organizations**

Members of the Grafenwoehr Community and Spouses' Club will meet to play *The*



Photo by Alice Adler

**Munch of the military child**

Alecia Calloway helps her daughters Alexis and Aleiah decorate cupcakes at the Girl Scouts' table during the Hohenfels Kids' Fest in the elementary school April 2, to kick off the Month of the Military Child. The Vilseck community will celebrate with its annual Kinderfest April 16, 11 a.m. to 2 p.m., at School Age Services. In addition to the usual food, face-painting and free balloons, the event, which is being held in conjunction with Earth Week, will feature recycling games and environmental quizzes to teach children that it is, in fact, easy being Green.

*Price is Right* at the Tower View Restaurant April 19. Doors will open at 6, and dinner will be served at 6:30. The fee is \$10. Respond to Treva Garcia, 09641-936742 or [trevaandluis@yahoo.com](mailto:trevaandluis@yahoo.com), by April 15. For details on joining the club, call Amy Shell-Gellasch at 09641-929295.

**Trips and Tours****Grafenwoehr and Vilseck**

- Take time to see the tulips – more than 7 million of them – in Holland's Keukenhof Gardens April 30. This express trip will also include a few hours in Amsterdam for a tour of Anne Frank's house or a canal ride. The

fee of \$65 for adults and \$50 for children ages 3 to 12 includes garden admission. Deadline to register is April 28 (see also *Libraries*, left). For more information, call Information, Tickets and Reservations at 475-7402 or 476-2295.

- The Equal Opportunity office will sponsor a trip to Dachau concentration camp April 23. The bus will depart from the Vilseck Post Exchange parking lot at 7:30 a.m. This free ride is open to community members aged 12 and over. Participants should bring lunch money. To reserve a seat, call 476-2292/7215/8038 by 11:30 a.m. April 21.

**Hohenfels**

- Visit the Dachau concentration camp and the world's largest technological museum, located in Munich, April 16. The fee is \$30.
- Take a day trip to Prague April 23. The fee is \$50, and passports are required. Call ITR at 466-2060 to sign up for either.

**Arts and Crafts Centers****Grafenwoehr**

- A knitting class for beginners will be taught April 19, 6 to 8 p.m. The fee is \$15 plus supplies.
- Learn to make a wall-hanging from snippets of fabric April 13, 6 to 8 p.m. The fee is \$7.50, not including supplies. Register for classes by calling 475-6101.

**Vilseck**

Children aged 8 and up can learn to transform small wooden flower pots into ladybugs, bees, rabbits and frogs April 21, 3 to 5:30 p.m. The \$11.50 fee includes supplies. To sign up, call 476-2652.

**Hohenfels**

See article below.

**Job opportunities**

Vilseck Elementary School is accepting applications for the following positions: educational aide, monitor, lead monitor, computer assistant or clerk, library technician, office automation assistant or clerk, secretary, school clerk, transportation assistant, and school-support assistant. Applications are available from the main office weekdays, 7 a.m. to 4 p.m. Call 476-2812 for more information.

# Hohenfels' new wood shop finished project

BY ALICE ADLER

TRAINING TIMES STAFF

After six months of renovation, the Hohenfels Arts and Crafts Center reopened the doors to its wood shop March 30.

Woodworkers who had turned out toured the bright new facility, taking in the heightened ceiling as they walked along the floor retiled with stone.

According to Theo Singer, wood-shop instructor, the biggest improvement was concealed within the walls: a central vacuum system linked to every machine, which would cut down on sawdust in the work area.

"Even the smallest machine has one," said Singer. "It's a lot better."

The improved wood shop also houses all new workbenches, and each is equipped with an air gun.

Plugs to accommodate 110-volt power tools are another addition, enabling hobbyists to bring in their own equipment, if they choose to do so.

"Before, we were always carrying around transformers," Singer said.

To use the facility, you must first take a free 90-minute safety class. Upon completion, you will receive a safety card that need not be renewed, as Singer will give briefings about new machines on an individual basis.

The fee to use the wood shop is \$1 per hour or \$5 per day. Hours are Tuesday through Thursday, 12 to 6 p.m., and Fridays and Saturdays, 10 a.m. to 4 p.m. It is closed Sundays and Mondays.

For more information, call the Arts and Crafts Center at 466-2538.



Photo by Alice Adler

Theo Singer (third from right) shows a saw inside the reopened Hohenfels Arts and Crafts Center wood shop to (from left) Ann Davis, Lt. Col. George Copeland, Tina Rabena, Sonja Vass, Glenn Pietras and Yves Pierce on March 30. The facility had been under construction since October.



## German Culture 101:

# Births, babies, beyond differ in 'Deutschland'

BY MARTINA BIAS  
SPECIAL TO TRAINING TIMES

Because children are the future, learning how each country raises its own is instructive. German child-rearing is distinct in many ways and, in some cases, has very different emphases from the American method.

These dissimilarities start before a baby is born. Germans are so protective of pregnant women that they expect them to stay home, refraining from strenuous work and preparing for the birth. Perhaps for this reason, local women in their third trimester are rarely seen.



Pregnant women who flout this precaution might meet with great outcries and accusations of harming the fetus. In a recent case, a pregnant singer was roundly criticized for her decision to perform during her eighth month.

New mothers are well-tended in Germany. For an uncomplicated birth, the usual hospital stay is five days, but it is extended for up to two weeks for cesarean-section patients. During this convalescence, the baby receives various health checks and immunizations, while his mother gets plenty of rest.

Women who have given birth in the United States may feel uneasy when they see how nurses care for babies in this country. For example, German newborns often suck from bottles of mild herbal tea to keep them hydrated, even those

who are breast-fed. After changing a baby's diaper, Germans generously powder the umbilical area, whereas Americans clean it with an alcohol-soaked pad. I have found that normal navels result from both.

In naming a child, Germans are restricted by law to names that have been registered as such. Should their first choice not be specifically male or female, a

second gender-specific name must be given. This prevents a couple from burdening their child with a creative folly that might draw ridicule later in life. The *Standesamt*, or "registry office," may reject a name

unless the parents can prove that it is indeed a valid one.

German babies are kept at home for the first few weeks, to insulate them from foul weather or nasty germs. They are also placed flat on their backs as much as possible to avoid damaging their tender spines. I remember my mother's frantic phone call upon receiving the photograph of my first child sitting in his tiny swing. She was convinced I was risking injury by placing him in that contraption.

A woman continues to be pampered in the weeks after her delivery, which are commonly referred to as "*Wochenbett*" (literally, "weeks' bed") and denote the importance of rest. During this period, baby gifts arrive; these are also called "*Wochensuppe*," or "weeks' soup," an allusion to an

era when well-wishers brought new mothers meals to make their lives a little easier.

Germans do not throw showers before the birth, as buying too many things for the unborn child and giving presents are considered presumptuous — traditions that probably stem from a time when childbirth was fraught with the possibility of complications. Many modern couples buy the bare necessities, leaving family and friends to lavish them after the baby has arrived.

Once the baby is deemed old enough to venture safely outside, the *Kinderwagen*, or "child's carriage," is used for regular strolls, as well as running errands. Americans might be alarmed to see an occupied one parked outside a shop, but what might constitute child-endangerment in the United States is standard procedure here, especially in small towns.

Germany might seem altogether less "child friendly" than America, which could be due to the fact that the former has the lowest birth rate in Europe, with German women having an average of 1.3 children, as opposed to the U.S. median of 2.1. Here, anyone with more than two might be suspected crazy, careless or greedy for *Kindergeld*, a monthly amount paid to parents for each offspring from birth until the age of 18 years. When I was pregnant with our third child, German friends were unsure whether to congratulate or pity me.

Going out with children is neither as routine nor as easy in Germany as in the United States. The situation is improving, but local restaurants do not always



Photos by Cara Matlock

**A German mother reaches out to steady her young daughter on a seesaw (above). At left, a stroller-bound baby teethes on a freshly baked pretzel — a frequent sighting in Bavaria.**

have high chairs or children's menus. Some might say that your dog would be more welcome, but this strikes me as extreme. My children enjoy our shopping trips

on the economy, especially when we stop at the butcher, where each receives a complimentary slice of bologna, or the bakery, where they might be offered free sweets.

## Roll up some 'Rouladen' for new spin on round steak

BY MARTINA BIAS  
SPECIAL TO TRAINING TIMES

Beef *Rouladen* is almost synonymous with German cuisine and particularly popular for Sunday luncheon.

The term "*Rouladen*" refers to the preparation method for this dish, in which thin slices of round steak are "rolled up" around a filling, most commonly a mixture of pickle, onion and bacon. Because so many variations for these tender slices of stuffed beef exist, however, recommending a certain recipe is difficult. Many cooks simply season the meat with salt and pepper; others spread mustard on it first. Onions may be sliced, chopped or quartered, and the finished rolls sauced with either cream-based, brown or burgundy gravy.

My mother omits the pickle and mustard in favor of paprika. A friend of mine includes hot dogs and carrots in her

version. You should adapt the ingredients as well, to suit your family's taste.

*Rouladen* meat can usually be bought or ordered at the commissary, but any butcher can slice round steak between 1/8- and 1/4-inch thick for you.

Long, slow simmering in the liquid that will serve as the base for the sauce is key to the tenderness of the beef. I usually cook the rolls and refrigerate them overnight, which makes skimming off the fat (if you wish to do so) easier the next day. For more flavorful sauce, add gravy mix to the drippings in the skillet.

In a German *Gasthaus*, *Rouladen* is usually served with bread dumplings (see next issue for recipe), spaetzle or potato dumplings and accompanied by a salad or spiced red cabbage. Good American-style choices would be mashed potatoes and green beans or noodles and cooked carrots.

*Guten Appetit!*

### Rouladen (Serves four)

4 beef *Rouladen*, or thinly sliced pieces of round steak (about 1/4-pound each)  
4 teaspoons mustard of your choice  
Salt and pepper  
2 pickle spears (e.g., bread and butter), diced  
4 slices bacon, chopped  
1 medium onion, finely chopped  
2 tablespoons butter  
3 cups plus 5 tablespoons water, divided (or a combination of water, pickle juice and beef broth)  
5 tablespoons Wondra flour  
1 tablespoon sour cream, optional  
1 tablespoon browning sauce, optional

Pound meat to desired thickness, if necessary. Spread mustard over slices, and sprinkle with salt and pepper. Top pieces equally with pickle, onion and bacon, then roll up individually and fasten each with wooden toothpicks or cooking twine.

Melt butter in heavy skillet, add meat rolls and brown on all sides. Pour in 3 cups of water (or mixture of juice, broth and water), cover and simmer over low heat for one to two hours or until tender. Transfer rolls to warm serving dish (or refrigerate *Rouladen* overnight and remove meat before making gravy next day).

Combine Wondra and remaining 5 tablespoons of water to make a paste. Add to skillet and stir until gravy thickens. If desired, add sour cream and/or browning sauce. Pour gravy over rolls before serving or reheat them in sauce.

*If you have ever wondered why Germans do certain things, or if you have a favorite German dish and would like to recreate it at home, e-mail your questions and comments to [martina.bias@us.army.mil](mailto:martina.bias@us.army.mil). One of your suggestions could be used for a future column.*



playtime

Race results

Hohenfels' first fun run of the season March 19 drew 24 runners. The top three female finishers were Leslie Holsather, with a time of 27:55; Maria Yost, 29:39; and Beverly Weiser, 33:19. Among the men, Toby Birdsell crossed the line at 21:01; Oscar Brewer III, 21:49; and Mike Blasner, 22:03.

Run through 'the box'

The annual Hohenfels Box Run is set for April 30. Participants can choose from routes of 22 (half-marathon), 10 or 3 kilometers, all of which will wind through the scenic "box," or training area. The fee for those who register through April 25 is \$15 or 15 euros. Forms are available from the fitness center, the post gym, the library

and the Web at [www.firstinbattle-ausa.org](http://www.firstinbattle-ausa.org). Each of the first 250 people to sign up will receive a commemorative T-shirt. Registration will also be conducted at the Volksfest tent (see page 8) on race day, 7 to 8:15 a.m., when the fee will be \$20 or 20 euros. The run will begin at 8:30.

Head for hills

The U.S. Forces Europe Mountain Bike Championship series will roll into Vilseck April 24. Other local dates are May 14 in Grafenwoehr and June 25 in Hohenfels. For more information or a complete listing, log on to [www.mwr-europe.com](http://www.mwr-europe.com) or call 476-2563, 475-7402 or 466-2868/2539.

Closures

The Grafenwoehr Field House basketball court will be tempo-

rarily closed May 15. According to Dan Fraizer, 409th Base Support Battalion recreation assistant, the facility was under construction from late June until Oct. 1, while a new floor was installed, but the paint started to crack soon thereafter. Fraizer assured that the sealants, rather than the wood, were at fault. The work should take about five weeks, and the floor was under warranty. During the renovation, hours at the field house will be unchanged, and programs should not be affected.



The racquetball courts in Grafenwoehr are being refurbished through May 8. Two of the four courts will be closed at a time, so that players may continue their games.

Local bowlers meet in 100th ASG tourney

**BY BILL CRAVEN**  
282ND BSB SPORTS PROGRAMMER  
The 100th Area Support Group Community Bowling Championships were held March 18 to 20 in Hohenfels. Women's team champions were Barbara Copeland, Kristi Gregory, Sabine Steepleton and Monica Taylor of Vilseck. Barbara Craven, Becky Keyes, Susanne Peoples and Maria Tillberg of Hohenfels were runners-up. Calvin Clark, Gervis Guice, Riggs

Peoples and Holton Stallworth of Hohenfels made up the top men's team, followed by Joe Beck, Mark Steepleton, Francis Taylor and Leroy Thomas of Vilseck. Peoples and Keyes won the women's doubles division, in which Jody Clayman and Mandy Justin, both of Vilseck, placed second. Taylor and Steepleton headed the men's category, followed by Clark and Guice. Peoples also took the women's singles title, with Steepleton being

named runner-up. Beck was the best men's bowler, and Cory Benoit placed second. Steepleton had the women's high game with her score of 232, and Clayman, the women's high series, with 567. Men's high game went to Gary Elias of Hohenfels with 268; Beck had the men's high series with 671. Hohenfels won the Commander's Cup competition, followed by Vilseck in second place and Grafenwoehr in third.

Falcons kick off fledgling season

**BY KATHY JORDAN**  
TRAINING TIMES STAFF

Vilseck soccer teams opened the season with games against Patch American High School March 26 in Stuttgart. "They played pretty well," said girls' soccer coach Robert Loe. "It's going to be a long season, so we will see what happens." The Lady Falcons lost, 2-1, with Lacey Wallen scoring a goal, assisted by Veronica Johnson and Rosa Leon. Elizabeth Watsek made seven saves, while aggressive playing by Sabrina Gilg and Cathy DelaRosa helped keep the team within striking distance. The junior varsity girls also lost their match, 3-0, but Loe said his teams were looking ahead. "The morale among the team is pretty good. We have six more games before the season ends."

Things went better for the varsity boys, who beat the Patch Panthers, 2-1. "We totally dominated the game," said boys' coach Robert Piccaro of Vilseck's victory. In the first half, Falcon Aaron Vernon made the opening goal with a left-footed volley. In the second, Daniel Rogers scored another point that put the Falcons up, 2-0. "We should have won the game, 5-0, but we missed some scoring opportunities," Piccaro said. At the

70-minute mark, with 10 minutes to go, Panther Andrew Clayburn scored, but the Falcons managed to hold off their opponents. Falcon Prince Osian and Patch player Mike Beuckens each made assists for their teams to keep the game competitive. Kevin Pollock had four saves, and Patch's Wil Tan, nine. Players Vernon and Jamaal Johnson received balls from the bouts for their contributions to the Falcons' win. "Overall, I am happy with the play of our team," said Piccaro. "Our bench came through." "I've been to the dance twice but have never been on the floor," he continued metaphorically. "Our goal is to win the championship this year."

One starter from last year has returned to the team. The Falcons have lost in the championship game for two seasons running. The junior varsity boys tied their opponents, 1-1, after Timothy Ray of Vilseck scored a goal in the second half. "I am really impressed with our junior varsity team. In the second half of the game, they really took it to Patch," Piccaro said, adding that players Kevin Mennona, Devon Douglas, Steven Tracy and Eric Ruzicka had stepped up to make some key plays that helped keep the matches close.

Crossword The weather finally broke in Bavaria, so switch out your 'Schranks' from parkas to pedal-pushers – after trying this tricked-out puzzle on for size

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45

**Across**  
1 Fine cotton fabric  
4 Playclothes  
8 Finishing stitches  
10 Heel height  
11 Pacific Island skirt  
14 Sweater named for English soldier  
16 What a mackintosh makes you  
17 Opposite of knit  
19 Park that gave name to jacket  
21 Fancies  
22 Ensemble  
24 Levantine robe  
26 Often tied in bows  
29 Frilly slip  
30 Once separate from shirts  
31 Label  
34 Artist's article  
36 Poseurs dress to it  
37 Mexican shawl  
40 Ruby slippers worn there  
41 Packed away for winter  
44 Casual top  
45 British "skivvies"

**Down**  
1 Two-piece named after atoll  
2 Carryall  
3 Piece of ancient apparel  
5 Trousers, loosely  
6 "A woman is closest to being naked when \_\_\_ is well-dressed." — Coco Chanel  
7 Former name of babushka's birthplace (abbr.)  
9 Sleek bathing suit  
12 Finery  
13 Only reach the knee  
15 Elizabethan accoutrement  
18 Wardrobe tip  
20 Nation with ailing garment industry  
21 Necktie  
23 Diamonds (slang)  
24 Hoopskirt  
25 Chemise  
27 Windbreaker  
28 Bares back, arms and maybe midriff  
32 Expression of delight  
33 Leg-of-mutton sleeve  
34 Wrap  
35 Tasseled chapeau of Morocco  
37 Modern term for "stocking"  
38 Riding attire, e.g.  
39 Pair  
42 \_\_\_ chic (French for "stylishness")  
43 Iconic initials

S R E K C I N K E E E T O  
G C K C S N E T T O O M  
O R K Z O I O G T  
T E P A R E S L T L I H  
T R F K C O M S G A T  
R A L L O C C N S V  
A N A T O I C I T T P V  
S H S A S R R H V  
C N A T A F C C R  
T I F T U O N S S E T V O C  
O F O D E X U T E D  
L R L P L M R Y D I  
L R N V G I C A R C B N  
I T A S I E I  
A E G N O N S A R N E T I T K  
M H A U U O I  
S R S R O M P R E T E S T I S T I B A T



